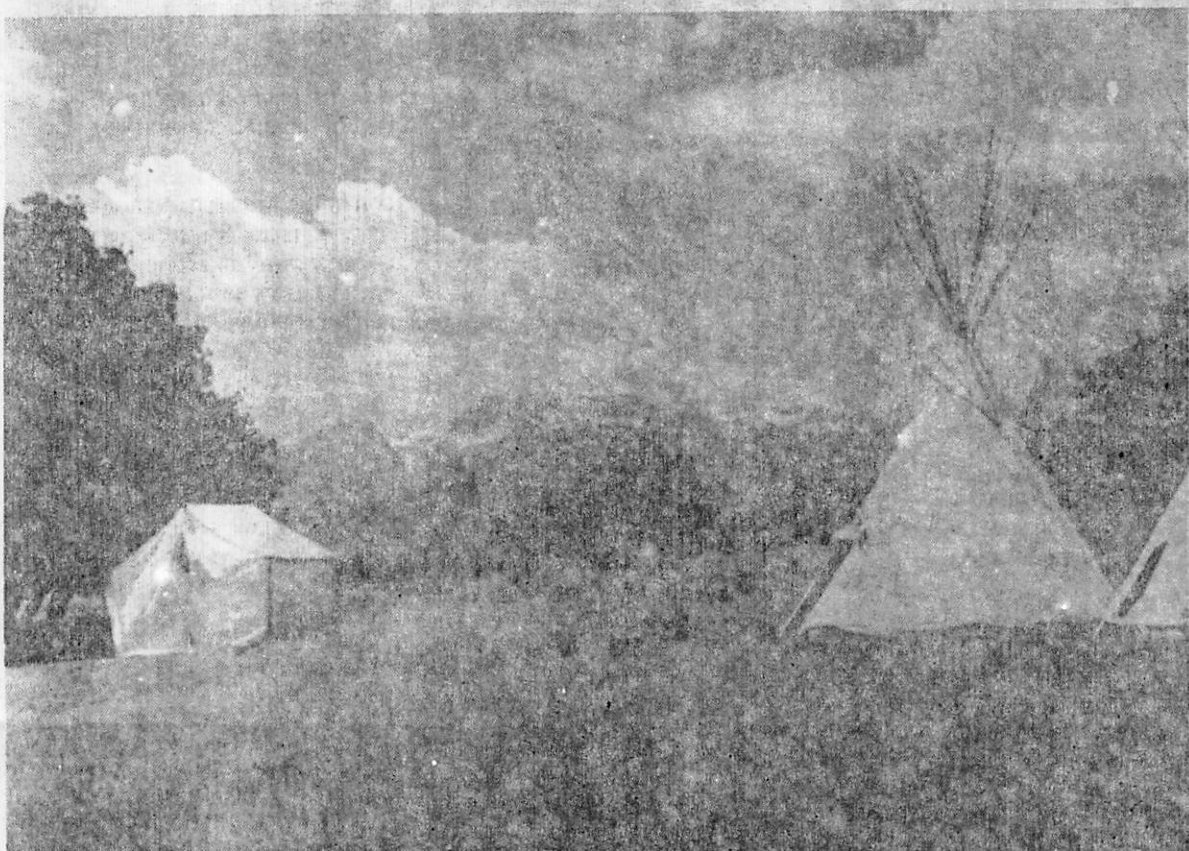


The Legend of Timpanogos



There is an Indian legend about Mount Timpanogos, which forms the southern part of Heber Valley's western skyline. This is how Beulah Ungerman McElprang, Huntington, UT, told the story, after many months of research, in her poem, "The Legend of Timpanogos," published in the Wasatch Wave (Heber City), Jan. 3, 1980.

Ucanogas, a young Indian maiden, climbed to the top of the mountain to wait until nightfall for her Nez Perce warrior to claim her hand in marriage. When the sun set a coyote started to howl and she began to shiver. A coyote was a sign of evil and she wondered if her warrior, Timpanac, would be able to find her in the darkness. But the night sound of an owl, guardian of the night, gave her reassurance.

The rising of the moon was the signal for the warriors who sought her hand to climb the mountain. But, instead, they waited in ambush together.

Timpanac started to ascend the mountain, with joy in his heart, to claim the hand of his maiden, take her to his people and make her his Indian princess. But when he arrived at a ledge, just below where she was waiting, the warriors attacked him. Although he fought bravely, he could not overcome their combined strength. Th

rew his wounded body from the ledge, to bleed and die at the bottom of the mountain.

Ucanogas saw what happened and cried out, weeping. She threw herself from the mountain top, calling to Mujikeewis, the Spirit of the Mountain to claim and protect her body, release her grieving spirit and unite her with her warrior in death, if not in life.

When Timpanac's spirit arose he went to Mujikeewis. He took his peace pipe as an offering and plead, "Take her body, as she bade you. Guard it well from every evil, But to me her heart was promised, Give to me her heart to cherish."

Mujikeewis pledged that the heart of Ucanogas would be placed in sacred keeping. He welded their two hearts together, as one, and placed them in a cave of the mountain, to be its heart. The cave was, "so dark and gloomy, that the slinking power of evil feared to enter to its bosom."

Then Mujikeewis called to Nepahwin, Spirit of Deep Sleep, and together they "took the body of the lifeless Ucanogas, gently placed it on the mountain, to be called "The Sleeping Woman." To this very day she lies there. On the mountain she is sleeping."

Then the spirits of Timpanac and Ucanogas, hand-in-hand, began the

journey to the Kingdom of Ponemah, Kingdom of the Ghosts Hereafter.

Manitour, the Mighty Spirit, lit a forest fire with a bolt of lightning, to light the lovers' way on their four-day journey to Heaven, through the land of ghosts and shadows. And he killed the scheming warriors.

When the two lovers had traveled two days and the burning forest could no longer reach to guide them, Manitour made a beacon light with frozen shafts of moonbeams to guide them the rest of the way.

"Soon Timpanac and Ucanogas Reached the land of the Hereafter,

There to dwell forever after In the Kingdom of the Bless-ed, In the Kingdom of the North Land.

Still the northern lights are burning.

In remembrance of the lovers To their Heavenly home returning.

While the Rocky Mountains westward,

Covered with a misty shroud, Lies Timpanogos, Sleeping Woman,

Resting there, among the clouds."